

# Sarah Huckabee Sanders 50 Pound Weight Loss Her Inspiring Transformation

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[Sunnydays Keto Gummies](#). [Chris Hemsworth's 5,000 Calorie Thor Diet](#) | [Eat Like](#) | [Men's Health](#)



Marvel star Chris Hemsworth had to go through a full body transformation for the role of Thor. Centr Chef Dan Churchill takes us through a full day of meals that Chris would have followed to transform his body by gaining size and lean muscle. Spoiler: he had to eat upwards of 5,000 calories! Watch more Men's Health Eat Like videos HERE: [https://www.youtube.com/watch?v=JQVoDk6gI9k&list=PLoA8R7df04hRCJuZgCGlvRdqEV2JO4s1\\_&t=0s](https://www.youtube.com/watch?v=JQVoDk6gI9k&list=PLoA8R7df04hRCJuZgCGlvRdqEV2JO4s1_&t=0s) The Centr app offers members open access to Chris's hand-picked team of international health and wellness experts and his all-star chef, Dan Churchill is integral to the mix. Now, in a further effort to show healthy and nutritious food can still be delicious, Dan is launching a brand new 'Eat Like Chris Hemsworth' YouTube series which delves into the diet and nutrition regime that Chris himself enjoys while training for some of his most famous movie roles. SUBSCRIBE to Men's Health: <https://bit.ly/3iM0V4U> MEN'S HEALTH SHOWS: Gym & Fridge: <https://www.youtube.com/watch?v=cHvWKOUBL7A&list=PLoA8R7df04hQXeGWljZXvLXokEs7sPtoF> Train Like a Celebrity: <https://www.youtube.com/watch?v=36uYxxuEx-Q&list=PLoA8R7df04hQ8qbEAGtMMLx-By3aDBHlt> Eat Like a Celebrity: [https://www.youtube.com/watch?v=JQVoDk6gI9k&list=PLoA8R7df04hRCJuZgCGlvRdqEV2JO4s1\\_](https://www.youtube.com/watch?v=JQVoDk6gI9k&list=PLoA8R7df04hRCJuZgCGlvRdqEV2JO4s1_) Men's Wealth: <https://www.youtube.com/watch?v=6Bu-n9aGN4U&list=PLoA8R7df04hS-SZbitS74CznlvONXTUfF> Vs The Internet: <https://www.youtube.com/watch?v=gXiJ-VeN5T8&list=PLoA8R7df04hTvGKtrIEYYNBUHEyqMUdqF> Men's Health Official Site: <https://www.menshealth.com/> Men's Health on Facebook: <https://www.facebook.com/MensHealth/> Men's Health on Twitter: <https://twitter.com/MensHealthMag> Men's Health on Instagram: <https://www.instagram.com/menshealthmag/> Men's Health on Pinterest: <https://www.pinterest.com/menshealthmag/> #ChrisHemsworth #EatLike #MensHealth

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GoKeto Gummies Shark Tank: A Breakdown of Their Success Story